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SUBJ/PUBLIC AFFAIRS-NAVAL SERVICE MEDICAL NEWS (NSMN) (95-41)//
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RMKS/1. THIS SERVICE IS FOR GENERAL DISTRIBUTION OF INFORMATION AND NEWS OF INTEREST TO NAVY AND MARINE CORPS MEMBERS, CIVILIAN EMPLOYEES, FAMILY MEMBERS AND RETIRED BENEFICIARIES OF NAVY MEDICINE. MAXIMUM AND TIMELY REDISTRIBUTION OR FURTHER REPRODUCTION AND USE BY ACTION ADDRESSEES IS ENCOURAGED. THIS MESSAGE HAS BEEN COORDINATED WITH THE COMMANDANT OF THE MARINE CORPS (CMC). THE COMMANDANT HAS AUTHORIZED TRANSMISSION TO MARINE CORPS ACTIVITIES.

2. HEADLINES AND GENERAL INTEREST STORIES THIS WEEK:
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HEADLINE: NOSTRA Delivers Vision at the Deckplate

NOSTRA Yorktown, VA (NSMN) -- Envision the "must pack" list for today's Soldier, Sailor, Airman and Marine prior to an anticipated or emergent deployment. The list might include such items as laser-guided weapons, notebook computers and satellite communications equipment. In addition to these, there are other critical items to be considered.

One item in particular, although common and unsophisticated, has been vital to the success of military operations for many years: the standard-issue pair of spectacles. Almost every job performed by the modern military man or woman relies heavily on the visual acuity of the operator, who often relies on spectacles.

The Naval Ophthalmic Support and Training Activity (NOSTRA), located in Yorktown, VA, is well accustomed to anticipating the ophthalmic needs of the operational forces. Lessons learned from Operation Desert Shield/Storm dictate that strategic preparation and expedient response times to ophthalmic demands of the

operational forces are critical factors in successful mobilization of the armed forces.

NOSTRA is testing a concept of providing on-site optical fabrication to the fleet and field units with a prototype mobile van outfitted with optical equipment. Current services include medical records screening and fabrication of all single-vision prescriptions. Future plans include having an optometrist on board to provide eye exams.

Currently staffed with four opticians, this mobile unit can manufacture 200 pair of spectacles, flight goggles or gas mask inserts in eight hours. Most orders are completed within 30 minutes. Although still in the prototype stage, the future of the mobile spectacle fabrication unit looks very promising. "In keeping with the Surgeon General's directives," NOSTRA's commanding officer said, "we are doing our part in putting medical services back to the deckplate level."

The mobile unit successfully fabricated spectacles and gas mask inserts for the crews of USS South Carolina (CGN 37), USS Bainbridge (CGN 25) and USS Vella Gulf (CG 72). Several other sites visited, including Langley Air Force Base, VA, resulted in positive responses from the customers. The entire staff of NOSTRA is looking forward to the next opportunity to increase support to the operational forces by fitting the eyewear needs of Soldiers, Sailors, Airmen and Marines at a moment's notice. Story by HMC Ned E. Robertson, HMC Glenn Schultz and HM1 Joe Wolfe, Naval Ophthalmic Support and Training Activity

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HEADLINE: Dental Plan Enrollment is Expanded

BUMED Washington (NSMN) -- As of 1 October 1995, the TRICARE - Family Member Dental Plan (TFMDP) will expand to allow enrollment of members with 12 to 23 months remaining active duty service commitment who are returning with their family members from an overseas permanent duty station. For OCONUS returnees, the following conditions must be met:

- the sponsor must be returning from an overseas area where the FMDP was not offered;

- the family members to be enrolled must have lived with the sponsor at the overseas location;

- the sponsor must have at least 12 to 23 months remaining active duty service commitment; and

- the sponsor must complete the enrollment election within 30 days of signing in at the new duty station.

Enrollment in the FMDP should be encouraged at least 30 days prior to leaving the overseas duty location. This will result in earlier access to family member dental care as coverage does not take effect until the month following completion of the enrollment form.

Also, Canada will be added as a covered service area. For family members living in Canada, the standard enrollment rules apply. The major difference is that all dentists in Canada are considered non-participating. Family members may go to any licensed dentist, and then are reimbursed the allowed amount for covered services. A participating provider network is expected

to be in place by 1 February 1996, when United Concordia assumes the contract from DDP*Delta.

For more information on enrollment and other details, contact your local Health Benefits Advisor.

Story by LCDR T. J. Neumann, DC, Bureau of Medicine and Surgery

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HEADLINE: Medical Service Corps Officer Wins Army Peer Award

BAYLOR University, San Antonio (NSMN) -- LT Peggy Cox, MSC, was awarded the Peer Award by the Army Surgeon General at the 1995 graduation ceremony for the didactic portion of the U.S. Army-Baylor University Graduate Program in Health Care Administration.

The Peer Award was voted on by the 50-plus triservice graduate students, who selected Cox in recognition of "her spirit of accomplishment and achievement."

Cox is now in the process of completing her administrative residency at Naval Medical Center San Diego.

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HEADLINE: USS Wasp Medical/Dental Teams Help Orphans in Albania

USS WASP (NSMN) -- While deployed in the Adriatic Sea in support of Operation Rescue Eagle, medical and dental teams from USS Wasp (LHD 1) spent three rewarding days earlier this month providing health care support to several different orphanages in Tirana and Shkoder, Albania.

Medical personnel led by Wasp's senior medical officer, LT Joel D. Stewart, MC, and dental personnel led by LT Randall L. Bittner, DC, assisted local support groups in providing specialized care to many indigenous children at local orphanages.

In one day, Stewart's medical team administered vaccinations for measles, mumps and rubella (MMR) and provided individual screenings, routine physicals and treatment for everyday maladies, seeing more than 40 patients.

Not to be outdone, the dental team saw slightly more than 40 patients, treating minor oral diseases, injuries and illnesses.

In a second trip, Stewart finished up with vaccinations and HMC John Stacy, a medical repair technician, completed repairs to various equipment and successfully put together a small dental office using equipment previously donated.

LT Michael Hensien, MC, Wasp's other medical officer, led another team of medical and dental personnel ashore to provide care and support to children at a third orphanage. This orphanage had about 50 children, ages two to seven. Due to the lack of sufficient and continuous medical care, the children's common illnesses such as inner ear infections, coughs, cold and flu required professional medical attention. Hensien and his team not only provided the necessary treatment, they also advised the staff personnel in how to effectively prevent many of these problems from occurring in the future.

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HEADLINE: Sailors Spend Cruise Getting EMT Certified

USS AMERICA (NSMN) -- While underway on their final six-

month Mediterranean deployment, everyone on board USS America (CV 66) is busy doing his part to keep the ship up and going.

Some crew members, however, have taken time out of their busy schedules to take a course that could save one of their shipmate's lives.

America is one of the first aircraft carriers to begin certifying Sailors to become emergency medical technicians through the National EMT Registry.

A group of physicians, nurses, paramedics and EMTs came together to agree on a standardized course curriculum. America's LT Brad Scott, NC, and the ship's nurses from USS Enterprise (CVN 65) officially introduced the program to the two aircraft carriers a year ago. According to Scott, other carriers have picked up the program since then.

One class aboard America has already finished the demanding 121-hour course with an 80 percent pass rate, which is above the national average. Two Marines from America's Marine detachment scored the highest: LCpl Thomas Christy and LCpl Matthew Coble. EMC Barry Pearrow was the top-scoring Sailor.

The second class began right after America left in late August for a final six-month deployment. For three months, the Sailors and Marines met Monday through Saturday for two hours every evening. "When most of their shipmates are going to bed, they're in class or studying," said Scott. "They really have to put a lot into the course."

Once students have passed the test, they receive wallet cards and certificates from the National EMT Registry. There has been so much interest in the class, said Scott, that people have been turned away. The money for the materials comes out of medical's budget, so they only have enough teaching aids to accommodate 30 students.

Those who made it into the class worked hard for their certification, and they'll leave America with the knowledge and confidence to save a life.

Condensed from a story in The Flagship, 5 October 1995

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HEADLINE: Naval Hospital Beaufort's Housing Updated

MCRD Parris Island, SC (NSMN) --- The first remodeled housing unit at Naval Hospital Beaufort, SC, officially opened during a ribbon cutting ceremony last month.

The remodeling is part of a \$1.5 million housing repair plan that will repair and improve Naval Hospital Beaufort's housing units, said Housing Director Ruth Ramsey.

Each of the units has or is scheduled to be given new vinyl siding, wall-to-wall carpeting and a new air conditioning system. Each of the units will have a completely remodeled master bathroom, said Ramsey, adding that 12 of the 53 units at the hospital are under renovation and seven will have tenants moving in soon.

Naval Hospital Beaufort's housing development was chosen as one of the Navy's Neighborhoods of Excellence. This honor landed the hospital \$100,000 for fiscal years 1994 and 1995. Half of the money was used to build two playgrounds for the housing area.

The other half is being used for a recreation pavilion with picnic tables and grills.

"It's nice to be in a new remodeled house, but it's also nice to be in a community," said Navy Chief Petty Officer Joseph L. Wingard. He and his family moved into the first new housing unit. The community has 46 enlisted quarters and seven officer quarters, and it can house approximately 175 residents, said Ramsey.

Story by PFC William M. Lisbon, Marine Corps Recruit Depot

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HEADLINE: VA Announces New Health Care Network Sites

VA Washington (NSMN) -- The Department of Veterans Affairs (VA) announced the headquarters sites of its new medical facility networks under a major reorganization of its health care system.

The reorganization, initiated in March 1995 by VA's Under Secretary for Health Dr. Kenneth W. Kizer, realigns VA medical facilities into 22 geographic networks. The new health care structure will abolish the current four-region system in which each region has oversight responsibility and broad control over some 40 medical facilities.

The regions are being replaced by smaller Veterans Integrated Service Networks, called VISNs, ranging in size from five to 12 medical centers. VISNs will allocate resources among the medical centers and use contract services with the private sector and sharing agreements with the Department of Defense to ensure high quality care, easier access to services and improved cost management.

A director for each VISN will have strategic planning and budgetary responsibility over all medical facilities in the network, and authority and responsibility to meet unique community needs.

A site selection team used various criteria to propose the sites, including geographic proximity to medical facilities in each VISN; availability of support services, including university or other technical and professional resources; and collocation with other VA offices.

The 22 headquarters sites will be in the following cities: Boston; Albany and Bronx, NY; Pittsburgh; Baltimore; Durham, NC; Atlanta; Bay Pines, FL; Nashville, TN; Cleveland; Chicago; Minneapolis/St. Paul; Ann Arbor, MI; Omaha, NE; Kansas City, MO; Jackson, MS; Dallas; Phoenix; Denver; Portland, OR; San Francisco; and Long Beach, CA.

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HEADLINE: Naval Institute Holds Essay Contest

USNI Annapolis, MD (NSMN) -- The Naval Institute invites entries for its prestigious annual Arleigh Burke Essay Contest, now entering its 116th year. Anyone may enter the Arleigh Burke Essay Contest, with first prize earning \$3,000, a Gold Medal and a life membership in the Naval Institute. First Honorable Mention wins \$2,000 and a silver medal. Second Honorable Mention wins \$1,000 and a bronze medal.

The topic of the essay must relate to the objective of the

U.S. Naval Institute: "The advancement of professional, literary, and scientific knowledge in the naval and maritime services, and the advancement of the knowledge of sea power." The essay must analyze, argue, persuade and/or interpret, not merely offer an exposition, a personal narrative or a report.

The Editorial Board of the U.S. Naval Institute will judge the essays, which must not exceed 3,500 words, must be original and may not have been previously published. All essays must be typewritten, double-spaced, on paper approximately 8 1/2" x 11". Submit two complete copies. If typed on a computer, please also submit an IBM-compatible disk and specify software used. An exact word count must appear on the title page, but the name of the author shall not appear on the essay. Each author shall assign a motto in addition to a title to the essay. This motto must appear (a) on the title page of the essay in lieu of the author's name, along with the essay title, and (b) by itself on the outside of an accompanying sealed envelope containing the name, address, telephone number, social security number and short biography of the essayist, the title of the essay and the motto. The Naval Institute will not open this envelope until the Editorial Board has made its selections.

Essays must be postmarked on or before 1 December and mailed to: Publisher, U.S. Naval Institute, 118 Maryland Ave., Annapolis, MD 21402-5035.

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HEADLINE: HEALTHWATCH -- Keep a Watchful Eye on Your Vision
NNMC Bethesda, MD (NSMN) -- Vision in life should not be taken for granted. Vision is only one of our five senses, but we use and need it more than all the other senses put together. We must take care of it. The following helpful hints will assist you in your quest to maintain your vision:

-- Get the proper amount of rest and sleep. This will help build the eyes' resistance to irritation and fatigue.

-- Proper nutrition is essential. A well-balanced diet promotes good physical health, and it is good physical health that we depend on for our eyes.

-- Good lighting will help to increase your visual efficiency. Make sure you have good light for reading and avoid glare and shadows. Do not read by ceiling light only. Your reading light should be no farther than three feet from your reading material.

-- Do not go without your glasses or contact lenses. They will spare your eyes from needless strain and abuse. Have your prescription checked often to determine if it should be changed.

-- Protect your eyes from harmful infra-red and ultra-violet radiation in sunlight. Wear sunglasses, but make sure they are of excellent quality.

-- If a foreign object gets into your eye and you cannot remove it by ordinary means, consult an eye doctor at once. Chemicals, glass or metal particles can cause permanent damage if not treated immediately. Never rub the eye as it could cause more serious damage. If chemicals splash into your eyes, immediately flush with water.

-- Your eyes can tire easily from too much close work. To rest them, close them for a few minutes or look off in the distance.

-- Use eye protection, like safety glasses, when engaged in work or play that may involve danger to the eyes.

-- Don't watch TV in a dark room; allow awareness of surroundings. Remove objects that cause glare or reflections on the TV screen. The viewing distance should be seven times the width of the screen.

Have your eyes examined at least once every two years. Vision problems can cause headaches, squinting, general fatigue, and eyes that burn, water or tire easily. Even if you wear glasses, make sure they are adequate. Many vision and eye problems are the direct result of an adaptation (or failure to adapt) to relatively new, near-centered visual tasks.

Early detection and correction of eye and vision problems are important for the maintenance of eye health and good vision. Ignoring your vision, the impact of long-term visual stress, or failing to heed and deter symptoms of vision problems can have a significant effect on the quality and enjoyment of your life.

Story by CDR Sushil K. Jain, MC, National Naval Medical Center's Optometry Department

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3. Additional information on an October observance:

HEADLINE: President Proclaims Domestic Violence Awareness Month
THE WHITE HOUSE Washington (NSMN) -- In the following proclamation, signed 2 October 1995, President Clinton named October 1995 as National Domestic Violence Awareness Month:

Domestic violence disrupts communities, destroys relationships, and harms hundreds of thousands of Americans each year. It is a serious crime that takes many forms and a complex problem with multiple causes. Those abused can be children, siblings, spouses or parents, and both victims and offenders come from all racial, social, religious, ethnic and economic backgrounds. Among the most tragic effects of family violence is the cycle of abuse perpetuated by children and teenagers who see and experience brutality at home -- these young people often lack crucial guidance to help them form strong, positive bonds of kinship.

Americans are fortunate that knowledge about domestic violence has increased and that public interest in deterrence is stronger than ever. During the past decade, vital partnerships have formed between Federal agencies and private-sector organizations to expand prevention services in urban, rural and underserved areas across the country. These efforts have helped to coordinate aid for victims and their children -- not only providing shelter, but also furnishing alcohol and drug abuse treatment, child care and counseling. In addition, I am proud that the Violent Crime Control and Law Enforcement Act of 1994 contains tough new sanctions and includes a provision for a national "hot line" where victims can receive information and assistance.

But the struggle to end domestic violence is far from over. According to a recent Justice Department study for 1992 and 1993, women were about six times more likely than men to experience violence committed by offenders with whom they had an intimate relationship. And in 1992, nearly 30 percent of all female homicide victims were known to have been killed by husbands, former husbands or boyfriends. We need more prevention campaigns and public awareness efforts; we must develop and share successful methods of prevention, intervention and treatment for victims and perpetrators; and we must continue to build alliances among government, community associations, businesses, educators and religious organizations to strengthen our families and to teach alternatives to violent behavior.

NOW, THEREFORE, I, WILLIAM J. CLINTON, President of the United States of America, by virtue of the authority vested in me by the Constitution and laws of the United States, do hereby proclaim October 1995 as "National Domestic Violence Awareness Month." I call upon government officials, law enforcement agencies, health professionals, educators and the people of the United States to join together to end the family violence that threatens so many citizens. I further encourage all Americans to recognize the dedication of those working to end the horrors of abuse. Offering support, guidance, encouragement and compassion to survivors, these caring individuals exemplify our Nation's highest ideals of service and citizenship.

IN WITNESS WHEREOF, I have hereunto set my hand this second day of October, in the year of our Lord nineteen hundred and ninety-five, and of the Independence of the United States of America the two hundred and twentieth.

Signed, WILLIAM J. CLINTON

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4. The following professional meeting was recently announced:

HEADLINE: NMC Portsmouth Hosts "Women in the Military" Symposium
NMC Portsmouth, VA (NSMN) -- Naval Medical Center Portsmouth will host "Women in the Military: Changing Roles, Stress, and Implication for Health Care" 2-3 November. The symposium will bring together those who influence policy, conduct research, provide health care and pioneer new roles for the purpose of sharing information and experience.

The symposium is designed for health care providers and program managers, but is open to all interested military and civilian personnel. Continuing education credits may be earned by physicians, nurses and psychologists who attend.

Some of the topics the symposium will feature are: "Marine Corps Women's Health Issues"; "DACOWITS and Women Health Care: Breaking Silences, Building Strengths"; and "Fleet Medical perspective on Women's Health Care Aboard Ships."

For a symposium schedule and registration information, please contact the Psychology Department at NMC Portsmouth, VA 23708; (804) 398-7641.

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5. ADDRESSEES ARE ENCOURAGED TO SUBMIT INFORMATION AND NEWS ITEMS OF MEDICAL DEPARTMENT OR BENEFICIARY INTEREST (IN STORY FORMAT) BY TELEPHONE, FAX OR EMAIL TO BUMED, ATTN: NAVAL SERVICE MEDICAL NEWS (MED 00P2). TELEPHONE (202) 762-3223, DSN 762-3223. FAX (202) 762-3224, DSN 762-3224. EMAIL NMC0ENL@BUMED10.MED.NAVY.MIL//

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